Snack, Indian

Crispy Tomato Basil Bread Bites

Golden toasted whole wheat bread, brushed with garlic and olive oil, is topped with a juicy mix of chopped tomato, basil and oregano. A simple Italian style snack that comes together in minutes.



Vegetarian | Nut free

15 min	31	5.2 g	1.4 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 5 slice of whole wheat bread
- [ ] 2 tsp olive oil
- [ ] 2 garlic (lehsun) cloves , finely chopped
- [ ] 5 medium sized tomato
- [ ] 1 tbsp chopped basil
- [ ] 1 tsp dried oregano
- [ ] salt (namak) and

Method

- [ ] **1** Halve each tomato lengthways and gently scoop out the seeds and pulp.
- [ ] **2** Chop the tomato flesh finely.
- [ ] **3** Add the finely chopped garlic cloves, olive oil, chopped basil, dried oregano and salt, then mix everything together well.
- [ ] **4** Let the tomato mixture sit for at least 10 to 15 minutes.
- [ ] **5** Drain off the excess liquid and set the topping aside.
- [ ] **6** Brush each whole wheat bread slice with a little olive oil and garlic, cut the slices diagonally in two, and bake in a preheated oven at 180°C (360°F) for 3 to 4 minutes until lightly toasted.
- [ ] **7** Spoon 1 and a half tablespoons of the tomato topping onto each toasted piece, cut each piece into two equal pieces and serve immediately.

Nutrition Facts

Per serving

Calories	**31**
Total fat	1.1 g
Saturated fat	Not listed
Sodium	Not listed
Total carbs	5.2 g
Fiber	Not listed
Total sugars	1.4 g
Protein	1 g

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